



10 COMMANDMENTS TO PREVENT COLD WEATHER INJURIES



- 1. Provide adequate clothing, shelter, heaters, warming areas, food, and warm beverages for cold-weather operations.**
- 2. Ensure that only Army-approved heaters are used and personnel are trained in the use of the heaters.**
- 3. Educate personnel about the steps needed to minimize the risk of cold injury, to include risk factors such as age, race, fitness, hydration, nutrition, rest, alcohol and drugs, and actions to avoid cold injury such as understanding environmental and personal risks, establishing observational checks, avoiding contact cooling, using clothing properly, and exercising.**
- 4. Initiate a buddy system under cold conditions, and have personnel check each other for cold injuries.**
- 5. Obtain regular real-time, local weather data and predictions to develop and implement controls for cold, wetness, and wind exposure.**
- 6. Know who is at risk in your organization. Anybody can develop a cold-related injury. However, some personnel are more susceptible than others. Personnel who have had a cold injury in the past are much more likely to develop a cold injury sooner, or a more severe cold injury in the future. The typical cold weather injury casualty is a person approximately 20 years old. That person is usually from a warm climate and is not experienced in dealing with cold weather and not prepared to survive in those conditions. Personnel who use alcohol, tobacco/nicotine or medication could have impaired judgment and miss early warning signs of cold injuries.**
- 7. Inform personnel to keep dry. Wetness greatly increases the chance of cold stress. They should always have extra clothing available if there's a chance of getting wet. They must keep their feet dry; wet feet are very susceptible to frostbite.**
- 8. Identify and closely monitor personnel who have previously suffered a cold-weather injury.**
- 9. Ensure personnel winter deployment kits contain an initial supply of stock hats, sunglasses, sunscreen, lip balm, and skin-care items.**
- 10. Conduct safety meetings to emphasize special cold weather procedures. Be prepared to provide medical assistance.**